

# SPACEMAKER

McClellan Air Force Base, Calif.

Oct. 21, 1999 Vol. 40, No. 43

## AT A GLANCE

### Halloween Party

The McClellan chapters of the Noncommissioned Officers Association and Air Force Sergeants Association are hosting a Halloween Costume Party on Oct. 29, at Flashback Pizzeria, from 7 p.m. to midnight. The party is free to all NCOA and AFSA members. Costs for their non-member guests will be \$3.

There will be food, drinks, music, dancing and various contests. For tickets or additional information, contact Chief Master Sgt. James Sullivan at 643-3286 or Staff Sgt. Ricky White at 643-3158.

### Trunk or Treat

Oct. 29 the last Trunk or Treat event sponsored by the Community Support Center will take place in the base chapel parking lot from 4-5:30 p.m. This is the final chance to decorate your vehicle or float and enter the contest for a chance to win. Wear your costume and come join the fun.

### All ranks dining out

The 1999 McClellan Air Force Base all ranks Dining Out is set for Nov. 5 at 6 p.m.

Active duty and retired military members and their guests are invited for a special night out.

Contact your first sergeant for tickets and more information.

Ticket cost is \$5 for E-5 and below and \$16 for E-6 and above.

### Veteran's Day ceremony Nov. 11

Once again, the Air Force Sergeants Association, Chapters 1322 and A1322 will host a Veteran's Day Ceremony Nov. 11 at 11 a.m., in front of the McClellan Community Center. This year, the guest speaker will be Col. Mike Iltis, 77th Support Group commander.

All are encouraged to attend. Following the ceremony, the local AFSA Chapters will provide coffee and donuts in the Community Center. For more information, call retired Chief Master Sgt. George Moses at 643-4011.

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### Honor Guard deactivates

The McClellan Air Force Base Honor Guard held a deactivation ceremony last Thursday, presenting their creed and a uniform to the base museum. The Honor Guard made its debut March 1969 and 30 years later, the doors close to one of the finest organizations on base and in the Air Force Materiel Command. According to Staff Sgt. Kenya Patterson, who served with the Honor Guard for five years, we serve because we believe in honoring those who served in the past ... those who gave their lives in the many conflicts throughout our history, which secured and upheld the freedom we have today. "I am honored that I had a chance to serve on the honor guard with some of the finest, most dedicated, selfless, patriotic and professional men and women in the Air Force. It has truly been a pleasure," said Patterson.



U.S. Air Force photos by Smokey Bassett

## Annual water report released

By George Wayrynen  
Staff Writer

The initial McClellan Air Force Base Annual Consumer Report on the Quality of Tap Water is out. Beginning this year an annual report is mandated by the Environmental Protection Agency under the Federal Safe Drinking Water Act for every public water system to ensure consumers know their water is safe to drink.

"McClellan drinking water meets all federal, state and Air Force requirements and is safe to drink," said Paul Brunner, Environmental Management director.

Most tests found no detectable contaminants. Of the few contaminants detected, all were below the allowable safe drinking water levels as outlined in the Water Act.

The Environmental Management team tested McClellan's water for more than 190 potential contaminants listed in the federal Safe Drinking Water Act.

In addition to publishing the test results, the public water systems must give a yearly report on what is being done to ensure drinking water standards are met.

John Carroz, Environmental Management branch

chief for Air and Water said, "Present day test standards and equipment can check to a few parts per billion. This confirms we have a good and safe water supply."

McClellan has two separate water distribution systems, the main base and Capehart housing.

Base closure means a change from Air Force to municipal control of the base water system. In September 1998, Boeing Services sub-contracted this service to Northridge Water District. Northridge Water Company had previously provided emergency water service for McClellan.

The main base water system and Capehart water system will be turned over to Northridge Water District by the end of this year.

Capehart housing uses three groundwater wells. The wells are rotated with only one used at a time. Water treatment for all wells consists of chlorination and fluoridation.

This week, McClellan's Environmental Management office distributed a letter to all base residents explaining the Consumer Report. If you have further questions about the report or McClellan's water quality, e-mail John Carroz at john.carroz@email.mcclellan.af.mil or call Environmental Management at (916) 643-0228. The 1998 Consumer Report will be available on the McClellan web page at <http://www.mcclellan.af.mil/EM/>

# Action Line

643-3344, 77abw.actionline@mcclellan.af.mil

**TRAFFIC VIOLATORS -- BEWARE**

Why are commercial vehicles such as Federal Express and United Parcel Service never ticketed on base. I see them speeding all the time on base. I was almost hit by one for running a stop sign. This is a constant problem especially with the Fed-Ex drivers.

Thank you for your genuine concern for safety. Speeding has always been a problem on Air Force installations. However, I am proud of the security forces efforts to control the speeding here at McClellan Air Force Base.

As you pointed out in your letter, a fundamental problem here is people are disregarding the speed limits, considering their own personal standard as "safe."

It must be emphasized there is no such thing as a "personal speed limit." The only limit to be followed is the one posted, or at a reduced speed when conditions warrant.

While security forces personnel are well aware of the law, they can not be in all areas at once.

Every attempt is made to enforce all traffic laws and this will continue to be the policy. Also, the security forces has not stopped "stepping up" the use of selective enforcement base wide in an effort to curtail the violators.

Both off base visitors and commercial vehicles are not exempt from the base speed limit of 25 miles per hour. When they are caught violating the law, they will be dealt with properly.

However, for your own safety it is suggested that you contact the Security Forces Law Enforcement Desk at 643-6160 when you observe a speeding violation.

Do not attempt to stop the violators yourself. As always, the security forces will strive to monitor traffic and cite violators.

**YOUTH CENTER ACTIVITIES**

The Youth Center, Red Track Team does not get any good summer fun activities.

They didn't have any major trips, for example Water World, like the rest of the Tracks did this summer.

I pay the same amount of money as the rest, why don't we have the same activities. This is on behalf of concerned mothers.

Thank you for your concern about our Youth Center program. The Youth Center's Summer Fun Program operates from June 14 to Sept. 3.

Unfortunately, the Dudley Elementary School's Red Track did not begin summer

break until Aug. 18, leaving only two weeks to do field trips.

However, the Red Track has had many activities such as bowling and two fields trips, one to Leatherbees Ice Cream Shop and the other to Funderland Amusement Park at William Land Park.

The Youth Center staff also planned a trip to the California State Fair on Sept. 2.

Again, thanks for your concern. If you have any other questions or comments, contact Karen Sanders, Youth Center Program Director, at 643-2074.



**Col. Charlie Cotter**  
77th Air Base Wing commander

Hi. I'm Col. Charlie Cotter and I am thrilled to have the honor of commanding the 77th ABW.

I value the opportunity to serve you, members of the McClellan community. The Action Line is your direct link to focus my attention on something you feel I should know. It may be used to highlight an area where you have received exceptional service. The Action Line is also your means to tell me about a challenge or issue that you have not been able to resolve. Certainly, it is

best to first try to resolve the issue with the responsible agency, since ultimately that is where the issue will get fixed. Another means to address a problem is through your chain of command. But, if neither of these approaches resolves the issue to your satisfaction, let me know in your Action Line call what the challenge is and how you think it could be resolved to your satisfaction. I look forward to serving all members of the McClellan community.

**Action Line**

643-3344  
Action Line  
77 ABW/CC  
5241 Arnold Ave.  
McClellan AFB, CA  
95652-1086

77abw.actionline@mcclellan.af.mil

**Base Phone Numbers**

AAFES.....	920-0537
Civilian Pay.....	643-6727
Civil Engineering.....	643-5624
Civilian Personnel.....	643-5838
Commissary.....	643-4954
Base Police.....	643-6161
Dining Hall.....	643-5092
Family Support.....	643-1106
Focus Center #1.....	643-5661
Fraud, Waste & Abuse.....	643-6000
Housing.....	643-6221
Legal.....	643-3150
Lodging.....	643-6223
Medical Appointments.....	643-8400
After Hours.....	643-7212
TRICARE Service Center.(800) 242-6788	
Military Pay.....	643-6965
Military Personnel.....	643-1094
Public Affairs.....	643-6127
Retiree Activities.....	643-2207
Security Forces.....	643-6160
Services.....	643-6660
Military Equal Opportunity.....	643-3322
Base Fuel.....	643-5213
Uniform Questions.....	643-4051



**Air Force Vision**

"Air Force people building the world's most respected air and space force ... global power and reach for America"

**Air Force Materiel Command Vision**

"Quality Systems for America's Air Force"

**Sacramento Air Logistics Center Vision**

"Completing the mission of McClellan AFB with professionalism and honor"

## SPACEMAKER

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**SPACEMAKER**

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<http://www.mcclellan.af.mil/PA/Spacemaker.html>

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Alicia Doyle.....Assistant Editor  
Jennifer Vargas.....Staff Writer  
Emily C. Firman.....Staff Writer  
Sandra Kosmatin.....Staff Writer

McClellan Community Services Calendar	
Oct. 28	■ Cholesterol education, Health and Wellness Center, 643-4648 ■ Increasing human effectiveness, Sacramento Employment and Training Agency, 643-0773
Oct. 29	■ Four-day transisiton assistance program seminar, Bldg. 1407, Community Support Center, 643-1106
Nov. 1	■ Kids on the move, Bldg. 1407, 4 - 5:30, CSC, 643-1106
Nov. 2	■ Heartmath, SETA, 643-0773 ■ Informational interviews, Bldg. 1407, SETA 643-0773
Nov. 3	■ Interview workshop, SETA, 643-0773
Nov. 4	■ Deployed spouse support group, Bldg. 1407 6 - 8 p.m., CSC, 643-1106 ■ Resume workshop, 7:30 a.m. - 3:30 p.m., SETA, 643-0773 ■ Smooth move seminar, Chapel Annex, 8 - 10:30 a.m., CSC, 643-1106 ■ Diabetes education, 8:30 - 10:30 a.m., HAWC, 643-4648
Nov. 6	■ Teen night out at Flashbacks (ages 13 to 18), 6:30 - 11 p.m., \$2 for nonmembers, youth center, 643-3946 ■ Give parents a break night Free child care for eligible families, 6:30 to 10:30 p.m., preregister at the child development center or call 643-3611.
Nov. 9	■ Prenatal nutrition, 9 - 9:30 a.m., HAWC, 643-4648 ■ Hypertension class, 2:30 - 3:30 p.m., HAWC, 643-4648 ■ Employment applications, Bldg. 1407, 8 a.m. - noon, CSC, 643-1106
Nov. 10	■ Walking class, 1 - 2 p.m. HAWC, 643-4648
Nov. 15	■ Occupational Exploration II, 7:30 - 11 a.m. or 1 to 3:30 p.m., SETA, 643-0773 ■ Sponsor training class, Bldg. 1407, CSC, 643-1106
Nov. 16	■ Breast-feeding class, Family advocacy Program, 3:30 - 6 p.m., must preregister, 643-1518 ■ Resume writing seminar, Bldg. 1407, 8 a.m. - noon, CSC, 643-1106 ■ Job search, 7:30 a.m. - 3:30 p.m., SETA, 643-0773
Nov. 17	■ Increasing Human Effectiveness, SETA, 643-0773 ■ Life skills (Mandatory for E-5 and below), Bldg. 1407, CSC, 643-1106
Nov. 18	■ Increasing Human Effectiveness, SETA, 643-0773 ■ Life skills (Mandatory for E-5 and below), Bldg. 1407, CSC, 643-1106 ■ LEARN graduate (For people who have completed the 14-week LEARN program), 4:45 - 5:45 p.m., HAWC, 643-4648 ■ Diabetes education, 12:30 - 2:30 p.m., HAWC, 643-4648 ■ Relaxation class, 1:15 - 2:15 p.m., HAWC, 643-4648 ■ Job search seminar, 8 a.m. - noon, Bldg. 1407, CSC, 643-3611
Nov. 22	■ Occupational Exploration II, 7:30 - 11 a.m. or 1 to 3:30 p.m., SETA, 643-0773
Nov. 23	■ Prenatal class, 11:30 p.m. -1:30 p.m., FAP, 643-1518 ■ Tobacco and Women: Health Risks, 12:30 - 1:30 HAWC, 643-6468
Nov. 25	■ Interview workshop follow-on, 1 - 3:30 p.m., SETA, 643-0773
Nov. 29	■ Occupational Exploration I, 7:30 a.m. - 3:30 p.m. , SETA, -643-0773
Nov. 30	■ Resume workshop follow on, 7:30 a.m. - 3:30 p.m., SETA, 643-0773
MONDAYS	■ Introduction to life-style fitness, 8 - 9 a.m., HAWC, 643-6468 ■ Successful life-style change, 9 - 10 a.m., HAWC, 643-6468 (Every fourth Monday of the month) ■ Daily mass (Monday through Friday) at the base chapel, noon ■ Football frenzy at Club McClellan -- Monday Night Football on direct TV ■ Anger Management, base library, 2 - 4 p.m. 643-1518
TUESDAYS	■ Health risk appraisals (By appointment only) 1:30 p.m., HAWC, 643-6468 ■ Parent-Infant support group (Infants under 12 months), 9:30 - 11 a.m., FAP, 643-1518 ■ FOCUS Center orientation for civilian and contract employees, 8 - 9 a.m., FOCUS Center, 643-5661 ■ USA Career Demo for civilian and contract employees, 9 - 10 a.m., FOCUS Center, 643-5661
WEDNESDAYS	■ Women's new skills group 2:30 - 4 p.m. FAP, 643-1518 ■ Parents/children class 11 a.m. - noon, FAP, 643-1518 ■ Parents/teenagers class noon - 1 p.m., FAP, 643-1518 ■ Moms, pops and tots play group, youth center, 10 - 11 a.m., FAP, 643-1518
THURSDAYS	■ Advanced gymnastics, 3:16 - 4:16, youth center, 643-3946 ■ Tae Bo aerobics, 7 - 8 p.m., 643-3946 ■ Protestant Women of teh Chapel Bible study, 9:45 a.m., 643-6021
FRIDAYS	■ Exploring relationships (Youth Center), 6:30 - 7:30 p.m., FAP, 643-1518
SATURDAYS	■ Confession, 4:45 - 5:15 p.m., 643-6021 ■ Catholic Vigil, 5:30 p.m., 643-6021
SUNDAY	■ Catholic Mass, 9:30 a.m., 643-6021 ■ Protestant Worship service, 11 a.m. 643-6021 ■ Protestant Sunday School (at chapel), 9:30 a.m., 643-6021

## Hale visits with FM troops



U.S. Air Foce photo by Robin Jackson

Robert F. Hale, Assistant Secretary of the Air Force Financial Management and Comptroller, visits with Brig. Gen. Mike Wiedemer, Sacramento Air Logistics Center Commander during breakfast Oct. 13.

By Robin Jackson  
Spacemaker Editor

Robert F. Hale, Assistant Secretary of the Air Force Financial Management and Comptroller, came to McClellan Air Force Base by invitation from the Forty Niner Chapter, American Society of Military Comptrollers, to be the guest speaker at the monthly luncheon Oct. 13.

"Hale is a highly sought after speaker because of his position and expertise in the financial management and comptroller areas," said Dee Martin, President of ASMC. "When I extended the invitation I really didn't think he would be able to attend but I was ecstatic at his response."

Hale is responsible for all comptroller and financial management functions, activities and operations of the Air Force. He serves as the Air Force chief financial officer responsible for providing financial management and analytical services necessary for the effective and efficient use of Air Force resources.

Hale began his day with a group of military financial managers, both

enlisted and officers.

"We scheduled an informal discussion over breakfast with all of my military Financial Managers, Brig. Gen. Mike Weidemer, Sacramento Air Logistic Center Commander, Jim Barone, and myself," said Kathern Gaskins, Comptroller. "We wanted Hale to have time for a one-on-one with the troops who are actually doing the work out there."

Hale received a briefing regarding closure and divestiture and had discussions with Gaskins and Mike Anderson, Deputy Comptroller on upcoming financial management strategies.

"At the luncheon Hale spoke on issues regarding the financial management community and the important role it plays in the Department of Defense," said Martin. "Hale proceeded to state the important role that he feels ASMC plays in supporting the Department of Defense financial management community and the benefits the DOD receives from their supporting role."

Following the luncheon Hale departed for a quick tour of Beale Air Force Base and the U2.

## Update employee records prior to RIF

To provide adequate time to properly determine employee qualifications prior to the fiscal year 2000 reduction in force, a cut-off date for updating employee records was established.

Accordingly, employees wishing to update their personnel records to reflect additional experience and/or education must submit a Standard Form 172, Amendment to Application for Federal Employment, to the Civilian Personnel Office, SM-ALC/DPCC, for experience, or 77MSS/DPE, for education, no later than Nov. 12 to provide sufficient time to record into the Defense Civilian Personnel Data System.

For questions regarding experience update, contact your servicing Position Classification Specialist at 643-2036. For questions regarding education, contact 643-2190.

In addition to meeting experience and/or education requirements, employees being considered for positions

that require a qualified typist must demonstrate proficiency in typing.

To be proficient in typing, employees must have demonstrated within three years preceding the RIF effective date, the ability to type 40 words per minute for five minutes with a maximum of three errors. Proficiency can be demonstrated by: Holding a civil service position requiring a qualified typist, passing a performance test, presenting a certificate of proficiency from a school or other organization authorized to issue such certificates, or by self-certification. Updates to typing proficiency for use in the next RIF will not be accepted after Nov. 19.

It is also very important that any required performance appraisals be completed and submitted in a timely manner.

Any performance ratings received after Nov. 19 will not be used to provide service credit for RIF.

# 652nd CLSS defines



U.S. Air Force photo by Capt. Frank Dement

The battle-damaged A-10 is towed in for the 652nd Combat Logistics Support Squadron team to begin repairs on the Macedonian flightline. Insert: A closer look shows the extent of the damage to the right engine.

**By Alica Doyle**  
Assistant Editor

Twelve miles from the front and 6,000 miles away from home, an A-10 Thunderbolt II limps onto an undisclosed airfield in Macedonia. The bottom half of one nacelle, the outer shell of its engine, has been torn off, and the entire ship bears scars left by the disintegrating hull and shrapnel. For Master Sgt. James Selter and his 652nd Combat Logistics Support Squadron Aircraft Battle Damage Repair Team, it's time to punch in. Identifying the mission objective is simple: repair and return the aircraft to the warfighter. Carrying it out will prove more of a challenge.

First, the team usually doesn't have to go quite so close to the front line to get to a job. Second, the base usually has the equipment and personnel necessary to facilitate the repair. Third, everyone usually speaks the same language or at least a similar one. There's no doubt that this is going to be an unusual fix, but this is not a usual team.

A combined half-century of experience kicks into high gear as this group of eight men overcome language barriers, equipment availability problems, austere conditions, and a disastrous communications situation to carry out the real-world mission of the 652nd CLSS.

Technical Sgt. Shayne Murphy is the lead as-

essor for the team and assumes ultimate responsibility for the evaluation and repair of the aircraft. Technical Sgt. Edmund Shreffler, assistant team chief and Staff Sgt. Scott Wixon, pore over the plane to assess damage and determine repairs necessary to make her airworthy. There are no one-trick-ponies on this crew; each member is versed in sheetmetal, hydraulics, electronics, and fuel systems repair. Being one-deep is a bad thing when you can hear bombs and gunfire in the background. If that isn't enough to pump the collective adrenaline level, the Army post stationing three G.I.s who had been taken prisoner less than a month before, is only five miles away.

Reflecting on training exercises designed to prepare the team for combat repair, Selter discussed watching explosive ordnance personnel set and detonate charges on an A-10 to simulate actual battle damage.

"We thought to ourselves, 'This can't be what really happens to a plane in the field,' but after this job I realize that it's actually pretty close," said Selter.

Once the assessors do their thing, repair begins. On a job that would be difficult under the best of conditions, the 652nd CLSS engages and perseveres. Capt. Frank Dement, the team's engineer, works tirelessly to analyze data and formulate solutions. This is his first real-world fix,



652nd Combat Logistics Support Squadron team removes the damaged engine.

and he's finding it an eye-opening experience. Staff Sgts. Troy Rausch and William Koftinow, whom Selter proudly refers to as "sheetmetal artists" removed the damaged areas of the hull and replace them with surgical precision. Staff Sgt. Tim King, fuels specialist, completes the team and is key to the efforts. What is extraordinary about this group are the secondary skills that are as vital as their technical expertise in accomplishing this mission.

According to Selter, part of any ABDR team's job is to integrate itself into the host unit and become part of that larger team. They've already become an integral part of the 40th Air Expeditionary Group, Gioia del Colle Air Base, Italy; now they face the additional challenge of moving further forward and integrating into a unit comprised of North Atlantic Treaty Organization soldiers from several different countries.

"By the time it was all over, they loved us," says Selter of the relationship that developed between the American team, and the NATO troops.

Life on a Macedonian flight line is less than luxurious. The team sleeps in one dilapidated room. MREs are the staple of their diets and war is the ambience. When the Warhog is ready to get back into the fight, the team unofficially awards her a Purple Heart; painting the medal on her left side, and watches as pilot and plane launch into the skies over Eastern Europe.

For Selter and his team, it's time to punch out. To get



U.S. Air Force photo by Capt. Frank Dement

Staff Sgt. William Koftinow, 652nd Combat Logistics Support Squadron, fabricates a patch to repair the left nacelle.



Technical Sgt. Shayne Murphy, lead assessor, inspects the aircraft.

# s agile combat support



U.S. Air Force photo by Capt. Frank Dement  
aged nacelle in Macedonia with assistance from British military crane

back to Italy, the team hitches a ride with F. Whitten Peters, Secretary of the Air Force, and several distinguished visitors who are all-to-happy to fill their C-17 Globemaster III with CLSS equipment and troops. After returning to Gioia del Colle Air Base, the team takes time out to put together a reenlistment ceremony for Koftinow; and goes on to repair several other war-torn aircraft before heading home.

Any member of the team, when asked, will say they did their job well; the 40th AEG, their host unit in Italy, will tell you they went above and beyond, prompting the group to officially recognize them for outstanding performance. Soon after, Selter gets word that his team has been selected for special recognition at a national Operation ALLIED FORCE Appreciation Day ceremony in Washington D.C., where he accepts a citation and ALLIED FORCE commemorative coin from Secretary Peters and Gen. Michael Ryan, Air Force Chief of Staff, on behalf of the team.

Lt. Col. John Dufresne, 652nd CLSS commander stated, "I'm extremely proud of each and every member of the team. We train very hard and we teach independent operations in a variety of conditions. In this case, it all paid off. We were able to recover a valuable asset from a very austere location."

In hearing accounts of this team's experience, it becomes clear that out there, it's about getting the job done and surviving. This team accomplishes both and stands apart as an example of fulfilling a mission with professionalism and honor.



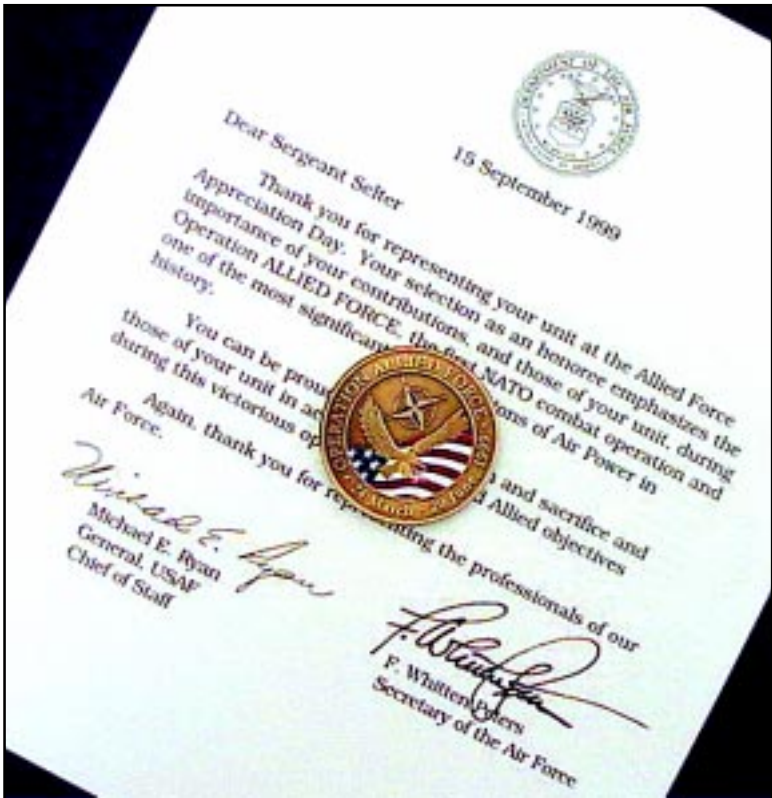
U.S. Air Force photo by Capt. Frank Dement  
pects a nacelle damaged by shrapnel.



U.S. Air Force photo by Capt. Frank Dement  
Staff Sgt. William Koftinow, 652nd Combat Logistics Support Squadron, paints the unit logo onto the new nacelle. A close-up of the artwork is featured bottom-right.



U.S. Air Force photo by Master Sgt. James Selter  
Capt. Frank Dement, Aircraft Management Directorate, performs a reenlistment ceremony for Technical Sgt. Shayne Murphy, 652nd Combat Logistics Support Squadron, as Staff Sgt.s Troy Rausch (left) and William Koftinow (right) hold an American flag.



U.S. Air Force photo by Alica Doyle  
Letter and coin presented to the 652nd Combat Logistics Squadron Aircraft Battle Damage Repair Team by Secretary of the Air Force F. Whitten Peters and Air Force Chief of Staff Gen. Michael Ryan.

# Office paper recycling program

It's not just for white paper!

**Acceptable materials**

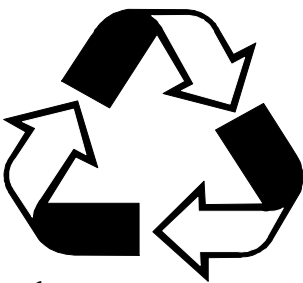
- Bond paper
- White and colored paper
- Computer and fax paper
- Envelopes (windows o.k.)
- Letterhead
- Newspaper, glossy paper, magazines, phone books
- Stationary, tablet paper
- Manila and bleached file folders
- Blueprints
- Carbonless paper
- U.S. government messenger envelopes

NOTE: PAPER CLIPS AND STAPLES OKAY

**Not acceptable**

- Waxed papers
- Food wrappers and drink cups
- Carbon paper
- Adhesives (Such as tape and post-it-notes)
- Rubber bands
- Binders

Report all problems to the work management center at (916) 286-5000.



U.S. Air Force photo by Alica Doyle

## DV visits base

Secretary Lon S. Hatamiya, California Trade and Commerce Agency, visited McClellan Air Force Base Oct. 6. One of McClellan's least known but most valuable assests, Defense MicroElectronics Agency, showcased their abilities. Ted Glum, director of DMEA, explains the workload to Hatamiya during the tour. DMEA specializes in all aspects of microeletronic design and production with a focus on reverse engineering current technology.

## FOCUS Center Jobs

*This section contains some of the job announcements available at the McClellan Air Foce Base FOCUS Center. For additional information, contact FOCUS Center #1 at 643-5661. FOCUS #1 is open until 7 p.m Thursdays.*

**Position:** Engineering Technician, GS-802-05/07  
**Annc#:** CAO-99-14-1  
**Close:** Nov. 5  
**Location:** Sacramento, CA  
**Agency:** Indian Health Service  
**POC:** Sara Cotterill (916) 566-7033 320  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact agency for KSA's and/or for additional information.

**Position:** Management Analyst, GS-343-11  
**Annc#:** AN92291  
**Close:** Nov. 8  
**Location:** Sacramento, CA (McClellan AFB)  
**Agency:** Defense Commissary Agency  
**POC:** (757) 441-3355  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact agency for KSA's and/or for additional information.

**Position:** Administrative Officer, GS-341-12/13  
**Annc#:** SSB-05-99  
**Close:** Nov. 1  
**Location:** Davis, CA  
**Agency:** Farm Service Agency  
**POC:** Veverly Branom (816) 926-2829  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact agency for KSA's and/or for additional information.

**Position:** Medical Technologist, GS-644-09/11  
**Annc#:** ARS-X0W-0004  
**Close:** Oct. 27

**Location:** Davis, CA  
**Agency:** Agricultural Research Service  
**POC:** Sandy Swantz (916) 792-5502  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact agency for KSA's and/or for additional information.

**Position:** Auditor, GS-511-05/07/09/11/12  
**Annc#:** OIG-99-229  
**Close:** Dec. 31  
**Location:** Sacramento, CA  
**Agency:** Health & Human Services  
**POC:** (202) 619-0146  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact agency for KSA's and/or for additional information.

**Position:** Power System Dispatcher, AD-303-04 (\$65,391 - \$79,478)  
**Annc#:** SNR-99-20  
**Close:**Nov 9  
**Location:** Folsom, CA  
**Agency:** Dept of Energy  
**POC:** (916) 353-4566  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact agency for KSA's and/or for additional information.

**Position:** Personnel Actions Clerk (Office Automation), GS-203-05/06  
**Annc#:** BOR-MP-99-193  
**Close:** Oct. 25  
**Location:** Sacramento, CA  
**Agency:** Bureau of Reclamation  
**POC:** Wanda Stephens (916) 978-5496  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the an-

nouncement and contact agency for KSA's and/or for additional information.

**Position:** Personnel Actions Clerk (Office Automation), GS-203-05/06  
**Annc#:** CA-99-106  
**Close:** Nov 2  
**Location:** Sacramento, CA  
**Agency:** Bureau of Land Management  
**POC:** (916) 978-4460  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact agency for KSA's and/or for additional information.

**Position:** Accounting Technician, GS-525-06/07  
**Annc#:** BOR-MP-99-191  
**Close:** Oct. 29  
**Location:** Sacramento, CA  
**Agency:** Bureau of Reclamation.  
**POC:** Inga Hall (916) 978-5471  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact agency for KSA's and/or for additional information.

**Position:** Personnel Assistant, GS-203-06/07  
**Annc#:** BOR-MP-195  
**Close:** Oct. 29  
**Location:** Sacramento, CA  
**Agency:** Bureau of Reclamation.  
**POC:** Wanda Stephens, (916) 978-5496  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact agency for KSA's and/or for additional information.

**Non Federal**

**Position:** Facilities Maintenance Worker

## All Skills Job Fair Oct. 26

The civilian personnel FOCUS Center is sponsoring an All Skills Job Fair Oct. 26, from 1-4 p.m. in the Community Center. Many agencies and companies contacted through the summer indicated personnel and funding shortages hindered their participating in the skills specific fairs. Most of those companies now have new budgets and rather than piecemeal the requests, all are invited. The FOCUS Center anticipates approximately 50 vendors consisting of private companies, City, County and State Offices, and a few federal agencies. The job fair is open to all McClellan employees, civilian and military. For additional information, call Greg Eason at 643-5661. **NOTE: Administrative leave is NOT authorized for this function.**

**Salary:** \$30,744 - \$37,536 annually  
**Close:** Oct. 29  
**Location:** West Sacramento, CA  
**Agency:** City of West Sacramento  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact agency for additional information.

**Position:** Data Entry Technician  
**Salary:** \$1,523 - \$2,362 per month  
**Close:** Oct. 22  
**Location:** Sacramento, CA  
**Agency:** City of Sacramento  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact agency for additional information.



## Movies

Movies start at 7 p.m. , unless otherwise noted, in Bldg. 1417. Movies are subject to change.

### Chill Factor - Friday

*Starring: Cuba Gooding Jr. and Skeet Ulrich*

On a hot summer day in Jerome, Montana, two young men, Tim and Arlo, are in the wrong place at the wrong time. Tim is charged with keeping a deadly chemical on ice and transporting it to Fort Magruder, 90 miles away. He finds out the best way to transport it is in Arlo's Ice Cream truck. For both of them keeping cool becomes a matter of life and death. (*Rated R - violence and language.*)

### The 13th Warrior - Saturday

*Starring: Antonio Banderas and Vladimir Kulich*

Based on Michael Crichton's best selling novel, Eaters of the Dead, an important emissary is abducted by a band of warriors. He is forced to join their quest to battle mysterious creatures legendary for consuming every living thing in their path. (*Rated R - bloody battles and carnage.*)

### Stir of Echoes - Sunday

*Starring: Kevin Bacon and Kathryn Erbe*

Based on Richard Matheson's novel, Tom Witzky finds his blue collar Chicago existence altered after he is hypnotized at a neighborhood party. What started as a diversion turns disturbing as a post hypnotic suggestion releases a subconscious power Tom didn't know he had. (*Rated R - violence, sexuality and language.*)

## Youth Center

■ **Today:** Open recreation, 2 - 7 p.m.; open gym, 2-3 p.m. and 4:15-7 p.m.; snack bar, 2 - 6 p.m.; advanced gymnastics, 3:15-4:15 p.m.; Moms, Pops, Tots play group, 10-11 a.m.; TaeBo aerobics, 7-8 p.m., age 11 and up, free.

■ **Friday:** Open recreation, gym, snack bar, 2-6 p.m.; Jumper Party, 6:30-8 p.m., ages 5-8, free to members, \$2 nonmembers.

■ **Saturday:** Open recreation, snack bar and gym, noon - 5 p.m.; October Fest, 5-8 p.m., ages 5-10, 10 tickets for \$1.

■ **Sunday:** Closed

■ **Monday:** Open recreation and open gym, 2-7 p.m.; open snack bar, 2-6 p.m.

■ **Tuesday:** Open recreation, 2 - 7 p.m.; open gym, 4:15 - 7 p.m.; snack bar, 2 - 6 p.m.; beginning gymnastics, 3:15-4:15 p.m.

■ **Wednesday:** Open recreation, open gym, 2 - 7 p.m.; open snack bar, 2 - 6 p.m.

# Make worries work for, not against you

Worrying means thinking with concern about a problem. It is a reaction to emotions such as fear. Worrying can be both harmful and helpful.

It can work against you when you worry without finding solutions or when you ignore other activities.

If you worry too much, you may even become depressed, anxious, or irritable. But worrying can be helpful when it starts thinking that leads to problem solving and positive action. By learning why we worry, how to worry efficiently, and how to take action to solve problems, you can make your worries work for you.

### WHY WE WORRY TOO MUCH

There are many reasons why we worry too much. Often, we talk ourselves into a state of mind where we can't think problems through to a solution. We become so involved in this negative "self-talk" ("I know I can't do it," "I'll never get the job,"



## Head check

For your mind, body and soul

**Capt. Frank D. Weber**  
Chief, Mental Health Element

etc.) that we find ourselves unable to take action. We may also worry too much when we feel as if we have little control over our situation; we may not even try to find a solution because we believe it will be useless.

Some of us may also worry unnecessarily as a result of past experiences or habits. But these worries may not have any basis in reality today, and these habits may be too limiting. For example, just because you were in a car accident five years ago doesn't mean you should prevent your teenager from learning to drive.

### LEARN TO WORRY EFFICIENTLY

To make your worries work for you, practice listening to and evalu-

ating your self-talk. Is it negative or positive? Are you endlessly replaying one or two conversations?

Take on worry and think it through to the end, coming up with a solution. For example, instead of saying "I know I can't pass the exam," try saying "I can pass if..." and list steps - finding a tutor, forming a study group, etc. - that can help you reach your goal.

### TAKE ACTION

Write down all your worries, even small ones, and put them in one of two categories: those you can influence, and those you can't.

Then focus just on those problems you can influence.

Agree to let the others go; accepting that there are some situations that you cannot control is in itself a positive action.

In some cases, a professional counselor may be able to help you uncover hidden causes that can relieve your excess worries.

## Med Group explains new health care procedures

As of Oct. 4, patients seeking appointments, authorizations for urgent care, or information on clinic hours will be able to dial one phone number: (916) 643-7212, 24 hours a day. A new phone tree system will direct patients through six options (including repeat), so it is important to listen carefully. In the event of an emergency, patients are directed to hang up the phone and dial 911 or go to the nearest emergency room.

Patients then have a choice of pressing:

- "1" for routine/future appointments,
- "2" for adult same day appointments
- "3" for pediatric same day appointments
- "4" for after hours assistance
- "5" for general clinic information
- "0" for repeat.

Also Oct. 4, patients will be directly connected to a triage nurse for after hours urgent care situations. The triage nurse will be able to schedule next day appointment, give referrals for urgent care, or connect the patient to the on-call provider. The

McClellan triage nurse/on-call provider service are only available to active duty patients and patients enrolled in TRICARE Prime with the 77th Medical Group requiring urgent care.

Patients enrolled in the David Grant Satellite clinic at McClellan should call 1-800-264-3462. Patients enrolled in TRICARE Prime to a civilian provider should not contact the McClellan provider on call, but should contact their own provider for referral and instructions. This number should be on the back of the patient's TRICARE Prime card. Patients not enrolled in TRICARE Prime do not need authorization before going to an urgent care clinic, however the standard deductions and co-pays apply.

Patients seeking medical advice may use the Health Care Information Line (HCIL) at 1-800-611-2883 where they can speak to a registered nurse 24-hours a day or hear audio tapes on a wide range of health topics. This service is open to all eligible military beneficiaries. Free copies of the Healthwise Handbook, a medical self-care guide, are available in the primary care clinic during normal business hours. The Business Operations Flight at (916) 643-8055 is available for any questions.(Submitted by the 77th Medical Group.)

## HELPFUL PHONE NUMBERS

	ACTIVEDUTY	TRICARE PRIME	TRICARE PRIME	TRICARE STANDARD/
	MCCLELLAN CLINIC	MCCLELLAN CLINIC	CIVILIAN PROVIDER	TRICARE EXTRA
EMERGENCY	CALL 911 or GO TO NEAREST EMERGENCY ROOM	Call 911 or GO TO NEAREST EMERGENCY ROOM	Call 911 or GO TO NEAREST EMERGENCY ROOM	Call 911 or GO TO NEAREST EMERGENCY ROOM
URGENT	CALL (916) 643-7212 24 HOUR ACCESS	CALL (916) 643-7212 24 HOUR ACCESS	CONTACT YOUR PROVIDER	GO TO NEAREST URGENT CARE CLINIC
ROUTINE	APPOINTMENT DESK Call (916) 643-7212 Or Call Health Care Information Line 1-800-611-2883	APPOINTMENT DESK Call (916) 643-7212 Or Call Health Care Information Line 1-800-611-2883	CALL HEALTH CARE INFORMATION LINE 1-800-611-2883 24 HOURS A DAY	CALL HEALTH CARE INFORMATION LINE 1-800-611-2883 24 HOURS A DAY



## Key milestone dates ahead for 77th Medical Group

### Oct. 1, 1999

As with many other base organizations on McClellan, Friday, 1 Oct 1999 was a key turning point as we prepare for closure. On this date, we opened the second of two satellite clinics in Sacramento operated by David Grant Medical Center from nearby Travis Air Force Base (the first was opened at the Mather/VA facility last year). The plan is for both clinics to remain open after McClellan closes to provide care for Sacramento's considerable beneficiary population. Both clinics will see Tricare Prime members; access for other beneficiaries will be extremely limited. David Grant's satellite clinics will both operate as tenants of buildings that will be operated by the VA. The new satellite clinic at McClellan is located on the 2nd floor of the McClellan Clinic building.

In preparation for the opening of this new satellite clinic, we have given our retired population the choice of transferring their Tricare Prime enrollment to David Grant's satellite clinic at McClellan. So far, most have chosen to do so. This clinic offers primary care services only at this time and is open during weekdays only between 7:30 a.m. and 4:30 p.m. Both regular and acute appointments for this clinic can be made by calling 1-800-264-3462 between 8 a.m. and 4 p.m., Monday thru Friday. You may also call (916)643-8474 to talk directly with the clinic staff.

In the meantime, the 77th Medical Group will continue seeing active duty and their families, and those few retirees and families who have chosen to remain enrolled with us, until March 2001.

### HOW THIS DATE MAY AFFECT YOU:

If you are a retiree eligible for Tricare, enroll in Prime now and select one of David Grant's satellite clinics in Sacramento as your Primary Care Manager. Enrollment may be limited in the near future, so get in while you can. This will ensure guaranteed access to top notch care after base closure.

### Aug. 1, 2000

If you're a retiree, this date brings some great news, no matter what your age. On this date, the "Retail Pharmacy Benefit" from Tricare will start in the Sacramento area as a benefit unique to BRAC areas only. This means, all retirees and their dependents, to include those 65 and over, will be able to use any Tricare network pharmacy. Pharmacies such as Long's, RiteAid, Walgreen's, Wal-Mart, Raley's, and others, are all a part of the Tricare pharmacy network. A co-pay is required; if you are 65 or over and are BRAC eligible, the co-pay will be 20 percent of the cost of the medication for a 30 day supply. If you are under 65 and a member of Tricare Prime, a \$9.00 co-pay is required for the same 30 day supply. Prescriptions will need to be re-written by your provider at the McClellan Clinic for you to use this option.

**WHAT THIS DATE MEANS TO YOU:** Make sure you have the "BRAC" designation on your Defense Enrollment Eligibility Report (DEERS) on your next visit to our pharmacy. A special designator is placed next to your name that indicates you live in a zip code that has been affected by BRAC. If you do not live in such an area, and if you can prove reliance on our pharmacy one year prior to this date, you can have the special designation added. Call DEERS at 1-800-334-4162 to confirm your BRAC eligibility, or how to prove your "declaration of reliance". Save your prescription bottles, etc., just in case you need them to prove your reliance.

### Sept. 29, 2000

This is the date our pharmacy will close. There are currently no plans for either the VA or David Grant Medical Center to open their own pharmacy at McClellan. Our beneficiaries, however, will not only have access to the Tricare Retail Pharmacy benefit, but they will also have the National Mail Order Pharmacy program. This is a program that is available to

most of our beneficiaries now, no matter what their age, if they live in a zip code that has been affected by BRAC. This is a very convenient program where you can enroll in the program at no cost, and mail in your prescriptions with an \$8.00 co-payment, for a 90 day supply. The formulary is also much more extensive than what the 77th Medical Group currently offers. Whatever pharmacy option you choose to use, let your provider know so that your prescription is written appropriately. Your provider can obtain an EasyRx prescription form and fax in your prescription by calling 1-800-327-9791. NMOP delivers all prescriptions and refills via U.S. Mail. Refills may be requested by mail, toll free phone call, or via the internet at [www.merck-medco.com](http://www.merck-medco.com). For more information on NMOP call 1-800-903-4680.

### WHAT THIS DATE MEANS TO YOU:

Our last prescriptions will be filled on Sept. 29, 2000. Our last day for filling prescription refills will be Sept. 18, 2000. Our recommendation is to start getting acquainted with the National Mail Order Pharmacy Program now, and when the time comes, use the Retail Pharmacy benefit to see which one you prefer to use. Another option are the area Tricare Region 10 pharmacies at Travis and Beale Air Force Bases. Our pharmacy windows have handouts with more information, phone numbers and points of contact regarding the future of our pharmacy. Please visit and pick one up.

### Oct. 1, 2000

The VA will take over both our Clinic building and our Dental Clinic. The 77th Medical Group will be deactivated to a Medical Operations Squadron. Our Health and Wellness Center (HAWC) will close. Our Dental Clinic will close.

### WHAT THIS DATE MEANS TO YOU:

To patients enrolled to either the 77th Medical Group or the David Grant Satellite Clinic at McClellan, not much will change as far as daily operations, however, there will likely be no pharmacy. If you are a member of Tricare Prime, the VA is a Tricare network provider and you may also have access to some of the VA's specialty clinics. Stay tuned. Dental care for active duty can be obtained from the David Grant Medical Center Dental Clinic at Travis Air Force Base.

### March 1, 2001

All patient care from the 77th Medical Squadron officially stops. An administrative contingent will remain to take care of final closure matters. All patient care will be transferred at that time to the David Grant Satellite Clinic at McClellan.

An administrative clerk/point of contact will remain for any residual Occupational Medicine issues, which will be handled through the David Grant Satellite Clinic provider staff.

July 13, 2001

The administrative element of the 77th Medical Squadron will deactivate.

